

STRESSLESS *Eating*

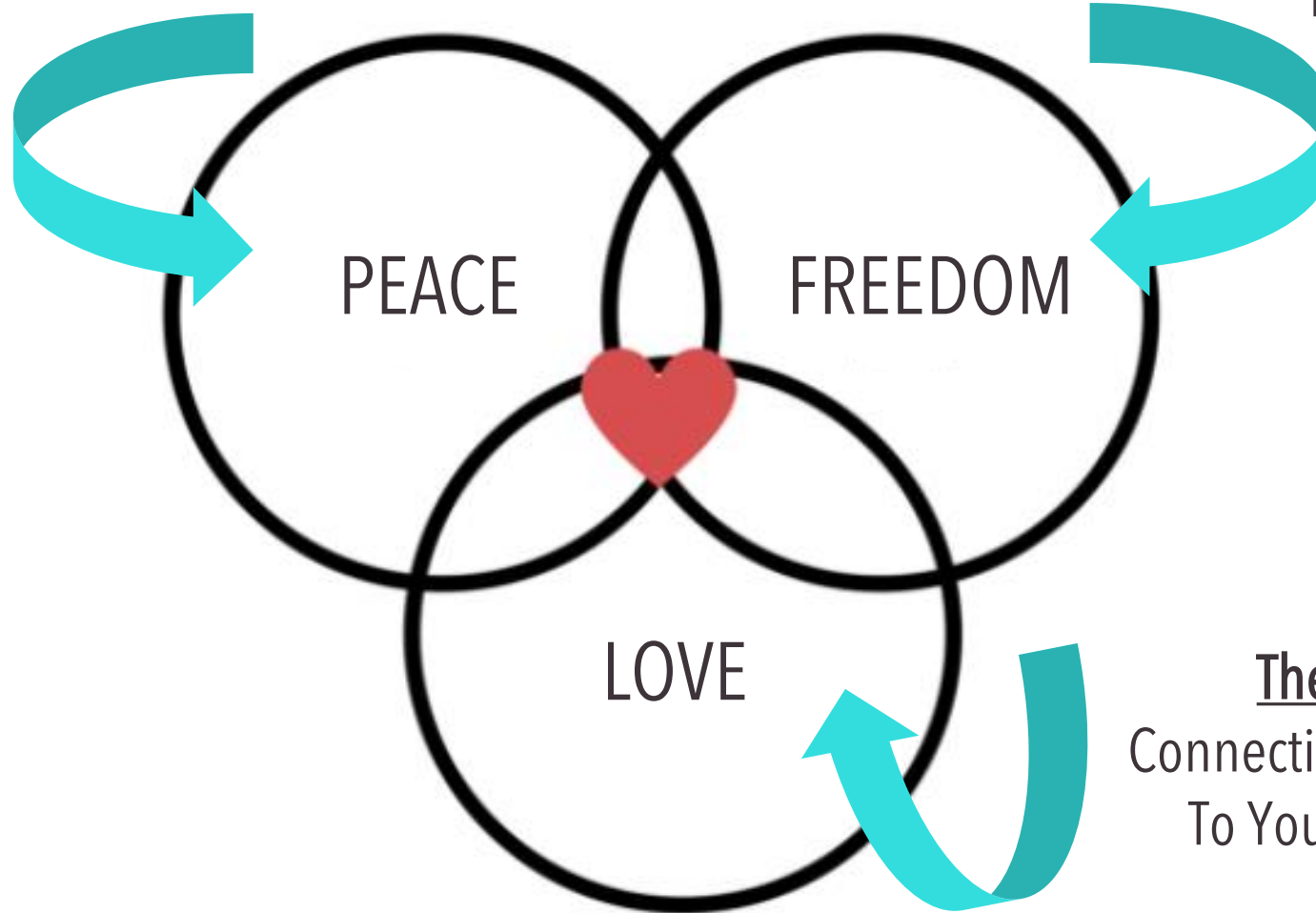
Making It All Happen Effortlessly



The Magic Triad

The How:
Mindset/Headspace/Energy

The How:
Master the Art & Science of
Reverse Engineering



The How:
Connection is the Key
To Your Healing

Creating Peace:

Mindset/Energy/Headspace

- ★ **Mindset:** Changing your state every single day to a state of appreciation, gratitude, and power (no victims, no drama)
- ★ **Headspace:** Changing the story you are walking around with (The conversation where health is PMS)
- ★ **Energy:** Using breath, movement, connection to breath and body to change your state. Committing to a mental/emotional state of more and more relaxation, ease, and flow (vs. disease, stress, fear, worry)

Creating Freedom:

Master the Art & Science of Reverse Engineering

- ★ Freedom Goggles
- ★ Food Goggles
- ★ Body Goggles
- ★ * Love Goggles* (Your Inner Compass)

Creating Love:

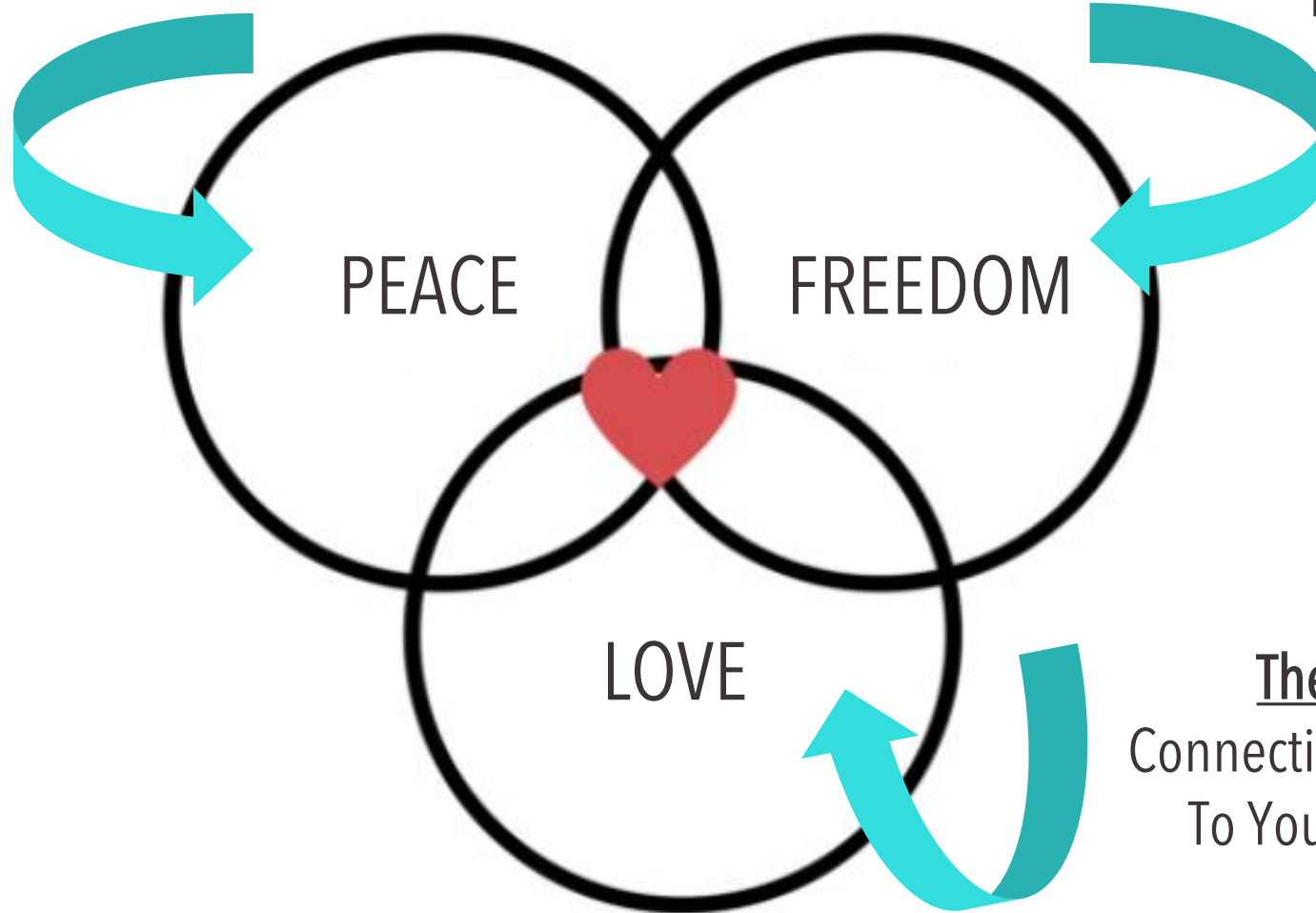
Connection Is the Key To Your Healing

- ★ Connection to Self
- ★ Connection to Others
- ★ Connection to Purpose
- ★ Connection to Faith/Spirit/Universe/Creator/Higher Power/God
- ★ Connection to Food
- ★ Connection to Body

The Magic Triad

The How:
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The How:
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The How:
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Notice What Is Not There...

YOUR **BIG** FAT
Experiment



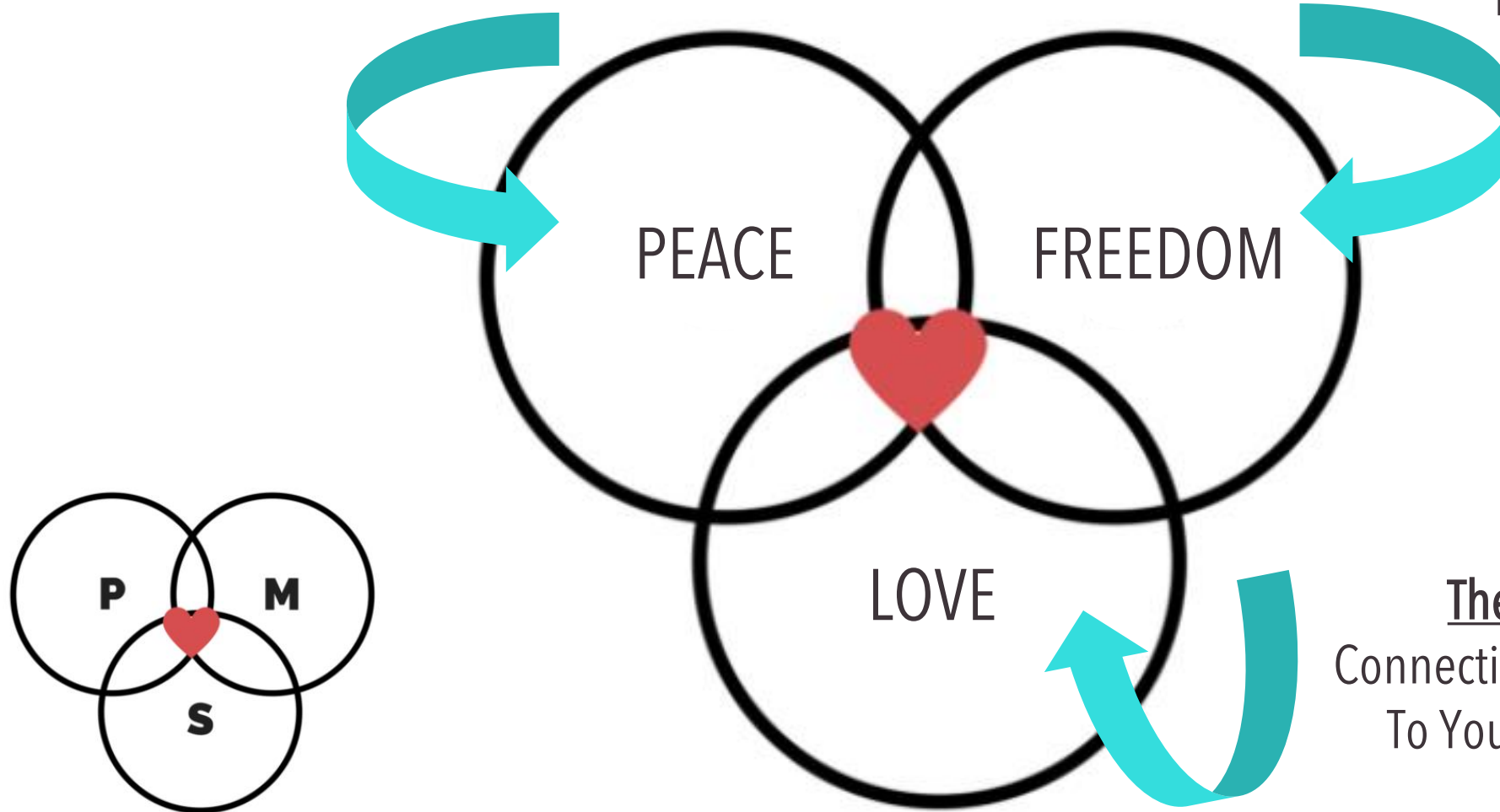


Bringing It All Together...

The Magic Triad

The How:
Mindset/Headspace/Energy

The How:
Master the Art & Science of
Reverse Engineering



The How:
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To Your Healing



That's It!